quite a tangle, all the against him concerning Canadian residence and nonand accountancy reabout the so-called im-

ermen's terminal. which will rank among the in the United States, is completion in Seattle. ouble the present capaceattle and provide moorservices for about a a hoats. The estimated be \$1,750,000. The proludes new bridge, and e viaduct, sharp freeze se, fish handling and ng facilities, marine exd public centre.

Dates .

FRIDAY Sports

Bo Me Hii Gym Class

King Edward High School Gym Class Rup-Rec Jr. Girls. Adult Club Badminton up-Rec Teen Age Boys Basketball Kay Hi vs. Bo Me Hi

Special Teen Age Girls Craft

Rotary Club Chorus Camera Club (Teen) Music and Drama



ED-Movie star Diana alss Lynn's parents anmoon in Bermuda.

itness

rvigorates and Sustains_

ins



VICE-REGAL BOOT-Viscount Alexander, g overnor-general, officially started the eastwest football final at Toronto Saturday after noon with a powerful 25-yard boot. Standing behind the ball-holder are Tom Brook, president of the Stampeders and Dr. Geldert, acting mayor of Calgary. Calgary won 12 to 7. (CPPhoto)

Deasonable Ideas for Housekeepers

Don't forget to thaw the

also be thawed before using

at room temperature or about

twice as long in the refrigera-

tor. Corn-on-the cob should al-

so be thawed at room tempera-

and served at once. The green

ture for about 4 hours.

MEAL FROM FREEZER INTERESTING DIVERSION FOR GRACIOUS LIVING

This is the dawn of a new | temperature. 'ice age" in which one may discover that frozen foods can give more time for better and gracious living. Everyone enjoys entertaining but too of- They will require about 2 hours ten there is a tendency to put it off as being too much work and trouble for the pleasure finally derived from it. Now with frozen foods becoming more accessible to every nousewife, complete meals can be quickly and nutritiously planned

There is no longer any limit lishes which can be added to the dinner menu. Fruits and vegetables know no season and can be enjoyed the year round. Here is an interesting dinner party menu.

Frozen Fruit Cocktail Fried Spring Chicken Cranberry sauce

July- fresh green beans August corn-on-the cob September cauliflower June Strawberry whip

ble the main items beforehand in order to al time for some of them to

Plan to leave the vegetables in the freezing compartment of Frozen chicken pieces will take about 4 hours to thaw at room

medium or large.

touch to the meal. Here is the enheit for eight minutes.

STRAWBERRY WHIP

3 egg whites

1/8 teaspoon salt

2 tablespoons sugar

2 teaspoons lemon juice

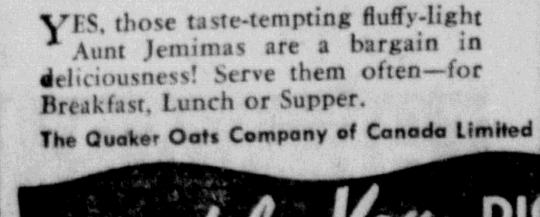
Dredge chicken pieces with strawberries flour, salt and pepper. Brown Beat egg whites until stiff pieces well on both sides in but not dry. Gradually beat in a heavy pan in melted fat then reduce heat and continue to! juice. Add juice from berries cook covered for about 3 to 35 (1/2-3/4 cup if syrup pack is minutes depending on the size used) and beat slightly. Fold in thawed berries. Pile whip lightly in individual dishes and serve

Vegetables should be cooked at once. only for a very few minutes Yield:-Six servings.

beans and cauliflower require only 3 minutes cooking and are To Mardi Gras By put on to cook as a frozen block. Horse and Wagon Have water boiling vigorously

SAN FRANCISCO-D. and R. as the cooking period is timed the boiling point only. Peger, young men from the Most frozen vegetables are now north have arrived from Orepacked dry and for cooking re- gon by horse and rig and plan quire 34 cup of boiling water to keep right on for Pasadena. teaspoon salt for one From there, the objective will be package. Corn-on-the New Orleans where they hope to cob requires 7, 9 or 11 minutes njoy the Mardi Gras-if horse cooking time depending on and wagon hold out.

SAVE MONEY on MEALS Plate of 4 nourishing plate of 4 nourishing AUNT JEMIMAS AUNT JEMIMAS for less than



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Another Newspaper Raises Its Price

OTTAWA-Another Canadian DISMISSED daily newspaper has been inlanguage daily.

Alberta Hospitals Increasing Rates

CALGARY-Three of the five Mr. Justice Whittaker. groups of the Associated hospi--tals of Alberta have proposed in-\$1.50 in basic ward rates.

APPEAL IS

creased in price from three to An appeal from a sentence of five cents, because of greater three years, entered by James costs in production. This is Le Howard Foster at the recent Droit, Ottawa's only French assize in Prince Rupert, was dismissed in Vancouver recently. The accused had been convicted of obtaining \$1,640 from a Japanese by false pretences. This was at Smithers. Sentence was pronounced by

Pierre Renoir, famous French creases ranging from 75 cents to painter, first painted on porce-

The Experts Say - -

By KAY REX in cost:

gredients: one pound liver; one- milk. Dinner-Roast beef; baked half pound hamburger, one cup potato and beets; coleslaw; ginbread crumbs; one onion chop- gerbread; milk of tea. ped fine; juice of half a lemon; one egg, well beaten; two table- Home economics recommend spoons tomato catsup; one tea- the use of honey at the breakspoon salt; one-quarter tea- fast and dinner table. spoon pepper; tomato juice or "Mixed with peanut butter or milk to moisten.

water from 10 to 15 minutes. licious sweet sandwich-spread Drain, chop and mix with other for use at home or to pack in a ingredients. Pack mixture into lunch-box," says the departmay be used to line pan or may ding or ice cream always meets be placed on top. Bake at 350 with approval." degrees for one hour.

spoon vanilla; one-half tea- nomists of the department of spoon baking soda; one-quarter agriculture have been making cup hot water; one-third cup tests on eggs and have found whether the cobs are small, cup oatmeal; dash salt.

While the chicken is frying, illa and sugar. Add hot water. in the whites. the dessert may be prepared. Add oatmeal and sifted dry in- To obtain one cup of egg Strawberry whip requires only gredients. Drop by teaspoonful whites, 10 pullet eggs are refew minutes preparation and on baking sheet. Press flat with quired, but only six large eggs. will add that special finishing fork. Bake at 375 degrees Fahr- When beaten, the whites of two

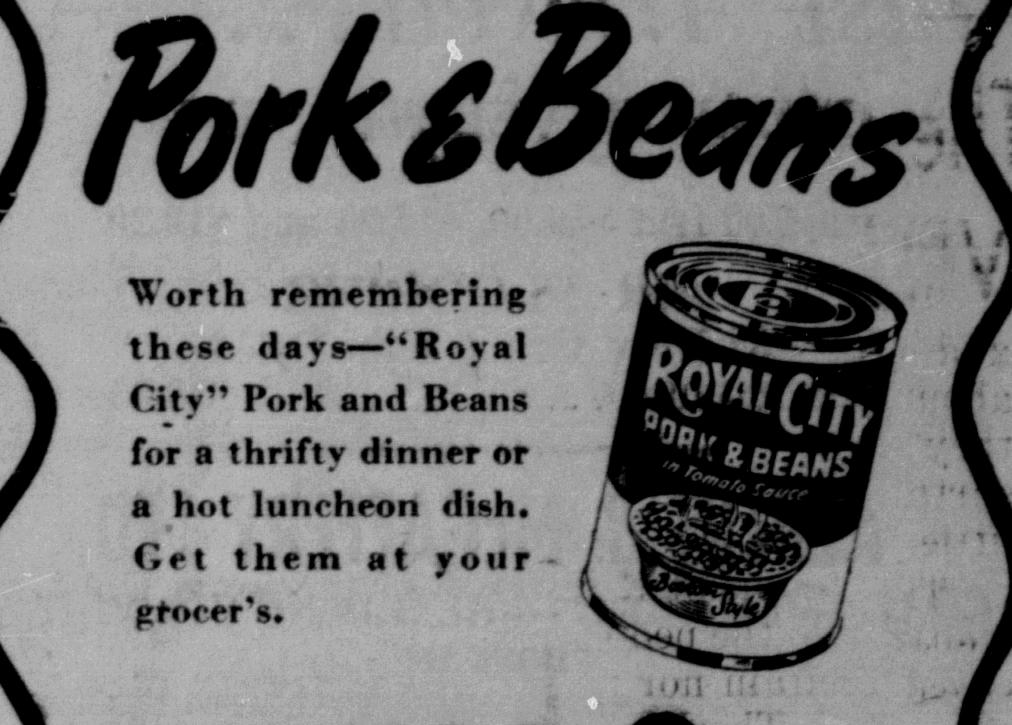
mato juice; shredded wheat Canadian Press Staff Writer | with milk; whole wheat bread; Here are some recipes which milk or cocoa, made with milk. are high in vitamins, but low Lunch or Supper-Baked beans; whole wheat bread and butter; Liver Loaf (serves six)-In- baked apple; oatmeal cookies;

chopped dried fruit or cottage Skin liver, parboil in salted cheese it quickly makes a degreased baking-pan. Bacon ment. "Honey sauce for pud-

Oatmeal Cookies (two dozen) When it comes to cake-bak--Ingredients: one-half cup ing the size of the egg often shortening; one-quarter cup means the difference between brown sugar; one-half tea- success and failure. Home ecoraisins; one-half cup flour; one that, although the yolks of different sized eggs did not vary Cream shortening with van- greatly, there was a difference

large eggs make a generous deep meringue for a pie. Three Here is a "Food Rule" menu pullet eggs were required for

Prince Rupert Daily Mews Thursday, December 2, 1948



ROYAL CITY
CANNED FOODS



day: Breakfast-To- approximately the same volume. "Willie, have you met that nice new boy who moved in next door?"

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